



October 2010

Menus Subject to Change Without Notice

Milk served with meal.

723-3303



<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
<p>NOTICE</p> <p>Congregate lunch contributions are anonymous and confidential. Suggested donation per meal is \$2.50 for those 60+ and \$4.60 for those under 60.</p> <p>Please sign up for lunch one day in advance, especially on those days when the meals are sponsored by a local business. The staff appreciates your cooperation.</p>		<p>Brunch and Learn October 5 Cinnamon Roll Sausage Links Hardboiled Egg Fruit Cup</p>	<p>Dinner/Dance October 29 Pizza Party! Papa Murphy's Pizza Tossed Salad Banana Split</p>	<p>1 Roast Beef Mashed Potatoes/ Gravy Mixed Vegetable Spinach Salad Whole Wheat Bread Apple Crisp</p>
<p>4 Swedish Meatballs Rice Scandinavian Blend Veggies Stewed Tomato Biscuit Cook's Choice Dessert</p>	<p>5 Taco Salad Guacamole Chips and Salsa/ Center Corn Muffin –Meals on Wheels Tropical Fruit Cookie</p>	<p>6 Birthday Party Salisbury Steak Mashed Potatoes Key Largo Vegetable Fruited Cole Slaw Whole Wheat roll Cake and Ice Cream</p>	<p>7 Chicken Broccoli Cas- serole Summer Squash Blend Potato Wedges Tossed Salad Whole Wheat Bread Fresh Fruit</p>	<p>8 Beef Tips Mashed Potatoes Brussels Sprouts Carrot Raisin Salad Whole Wheat Roll Peach Cobbler</p>
<p>11 Center Closed for Columbus Day</p>	<p>12 Beef Stroganoff Noodles Steamed Broccoli Sliced Bread Cole Slaw Cook's Choice Des- sert</p>	<p>13 Parmesan Chicken Baked Potato/Sour Cream Peas and Carrots Tossed Salad/Kidney Beans Roll Fresh Fruit</p>	<p>14 Myer's Day Spaghetti/Meat Sauce Italian Blend Vegetable Bread Stick Caesar Salad Lemon Bar</p>	<p>15 Baked Ham Au Gratin Potatoes Green Beans Creamy Cucumbers Roll Raisin Bar</p>
<p>18 Gillies Day Russian Chicken Steamed Rice Mixed Vegetable Pea Salad Roll Upside Down Brownie</p>	<p>19 Beef Pot pie Pickled Beets Cottage Cheese Pear Salad Biscuit Bread Pudding</p>	<p>20 Health Fair Tomato Bisque Soup Roast Beef/Cheddar on Kaiser Roll Pickle Fresh Veggies Cookie Royale</p>	<p>21 BBQ Chicken Au Gratin Potatoes Mixed Vegetable Tossed Salad/ Garbanzo Beans Whole Wheat Bread Fresh Fruit</p>	<p>22 Chicken Enchilada Green/Wax Bean Blend Tropical Fruit Cup Corn Muffin Chocolate Pudding</p>
<p>25 Swiss Steak Noodles Zucchini Blend Tossed Salad/Kidney Beans Roll Rice Krispie Treat</p>	<p>26 Shepherd's Pie Sliced Beets Broccoli Salad Bran Muffin Chocolate Chip Cookie</p>	<p>27 Ham and Scalloped Potatoes Mixed Vegetable 3 Bean Salad Muffin Fresh Fruit</p>	<p>28 Sweet N Sour chicken Steamed Rice Chinese Cabbage Salad Roll Pudding/Fortune Cookie</p>	<p>29 Halloween Party Tombstones Gravied Ghosts Eye of Newt Eyeball Salad Witches Broomsticks Dirt Dessert</p>